

DISCHARGE INFORMATION FOR PATIENTS

This letter is to summarise important medical information you should know following your discharge. It details adverse signs and symptoms to be aware of which would require prompt clinical assessment and intervention.

After your surgical procedure it is expected that patient's will experience some pain and discomfort at the surgical site and on discharge would have been provided with some pain killers to combat this. However undue exacerbated or severe pain may be a sign of an adverse event. If you are experiencing a sharp increase in severe pain in your neck/back, either or both arms/legs, you would need to be assessed. Symptoms such as bladder or bowel disturbance including incontinence, soiling of underwear, inability to pass urine or not maintain sexual function, requires immediate attention on that day, and you should make contact via the numbers below. These genitourinary symptoms are so called "red flags" and they require prompt attention and assessment.

After your injection procedure, should you have further symptoms of acute severe pain, pins and needles, numbness or loss of power in one or either leg/arm, or severe headaches, then again this should be reported promptly.

CONTACT INFORMATION

- **During Office Hours**
 - Please telephone my Practice Manager, Amanda Rice on: **01844 273375**. Details of your symptoms and concerns will be recorded and will be relayed to Mr Seel. My office is open Monday-Friday
 - You can also contact your GP for information about your symptoms if you are concerned
- **Out of hours**
 - Contact the Hospital where you had your procedure which would either be The Shelburne Hospital or The Chiltern Hospital. There is a nurse and/or doctor 24 hours a day on the ward who can receive your call. They can give advice and are able to forward a message to Mr Seel
 - Call your out of hours GP on 111
 - If none of the above options are available to you, and your symptoms are unbearable, then you should report to A&E where you will receive medical help; if you are unable to travel to A&E then you would need to call 999

If in the event that Mr Seel is on annual leave or planned leave, special arrangements are put into place for cover by one of the other spinal surgical consultants.

Please understand that this information is provided for your reassurance that help is available should you require further advice and guidance.